

LYME DISEASE & TICK REMOVAL

Monroe County Vector Control, organized in 1973, operates a program of Integrated Pest Management to minimize the risk of mosquito-borne disease to our residents and visitors. We cooperate and coordinate efforts with the Pennsylvania Departments of Health, Environmental Protection, Conservation and Natural Resources, Agriculture, and the Pennsylvania Fish and Game Commissions.

We provide Integrated Pest Management for mosquito control, which includes inspections, mosquito population and viral surveillance, biological and chemical control measures, and source reduction.

We also perform FREE tick identification and risk assessments for all ticks submitted to us.

This includes identification to species, life stage, and engorgement level from scutal index, which provides an approximation of hours of attachment.

There is no charge for our services, but a donation to our department would be strongly recommended.

Ticks can be brought or mailed to:
MCVC
M C Administrative Office
1 Quaker Plaza, Rm. 106
Stroudsburg, PA 18360

Or email questions to:
mpula@monroecountypa.gov

Risk of contracting Lyme Disease is **decreased** by **early** and **correct** removal of the infected tick.

- Using fine-tipped tweezers, firmly grasp the tick's mouthparts as close to the host's skin as possible.
- If possible, flip the tick to a ventral [belly-up] presentation and apply a steady, gentle pulling pressure, enough to slightly pucker the skin.
- Once removed, apply antiseptic to the bite site.
- Any tick, alive or dead, can be identified and a **risk-assessment** performed.
- Place in a sealed container – a zip-lock baggie works best.

DO NOT USE SOLVENTS, HEATED OBJECTS, VASELINE OR NAIL POLISH TO ATTEMPT TO REMOVE TICKS!
These irritate the tick and increase the chances of regurgitation and disease transmission, as does squeezing the tick.

We cannot tell you if the tick is carrying LD; we tell you if you have a *chance* of getting LD from that specific tick.

Leaving the tick's mouthparts in skin does NOT increase the risk of Lyme disease, although it may cause a minor infection at the bite site.

**YOU CAN PROTECT
YOURSELF FROM
TICK BITES
&
LYME DISEASE**



**Monroe County
Vector Control**

**MC Administrative office
1 Quaker Plaza, Rm. 106
Stroudsburg, Pa 18360
570-517-3416**

Tick Identifications

Except for American Dog Ticks, ticks *cannot* be identified with the naked eye. A microscope is necessary to see minute body characteristics which distinguish one tick species from another.

For an accurate identification, place the tick in a closed container and bring or mail to:

Monroe County Vector Control

One Quaker Plaza,
M.C. Planning Commission
Rm.106
Stroudsburg, PA 18360

Risk Factors

- 1) Tick was identified as the Deer Tick [*Ixodes scapularis*]
- 2) The tick was a nymph or adult female
- 3) The tick had fed on the human host over 24 hours*
- 4) The tick was picked up in Monroe County

* We are able to determine the number of hours of engorgement, and will refer you to your physician if indicated.

Lyme Disease Transmission

Lyme Disease is transmitted to humans (and dogs and horses) by the bite of an infected deer tick nymph or adult female. Nymphs are more likely to feed unnoticed for extended periods of time because of their small size (less than 2 mm) which increases the likelihood of disease transmission.

Ticks search for host animals (“quest”) from the tips of grass and other vegetation. They transfer to host animals as they brush up against the vegetation. They do NOT jump, fly, hop or fall out of trees.

Ticks feed on blood by inserting their mouth parts (NOT their whole bodies) into the skin of the host. Broken mouthparts do **not** increase the risk of Lyme Disease.

Ticks feed very slowly; a complete meal can take several days.

As they feed, they enlarge, or *engorge*.

The *longer* an infected deer tick feeds, the *greater* the chances of Lyme transmission.

Lyme Vaccine: LymeRix was removed from the market in March of 2002.

Fully-engorged deer ticks can be MUCH larger than you might imagine:

o to **0** or larger!

Prevention Strategies

Personal Protection: Long sleeves, long pants tucked into socks, light-colored clothing, and use of tick repellants all will help reduce chances of tick attachment. A product with the insecticide *permethrin* is also available for clothing and equipment treatment **only**.

Permethrin, combined with a repellant, will give close to 100% personal protection, but DEET repellents are not recommended for young children. A careful examination of entire body and head after times of possible exposure is essential!

Rodent Control: Removing brush, leaves, and tall grass from around homes and at the edges of gardens may help to reduce the number of tick-bearing mice and other rodents.

Deer Control: Managing deer populations in areas where LD occurs may reduce tick abundance. Physical barriers (hedges, fences) and the removal of favored plant foods may discourage deer from approaching homes. Applying pesticides to known deer bedding areas also helps kill ticks.

Tick Control: Applying certain pesticides to lawns, shrubs, and the edges of woodlands during spring and fall may help to kill ticks. Consult your lawn care professional.

Spray Permethrin on cotton balls and place in a waterproof open container (like PVC pipe) and place in areas where mice are active -- woodpiles, rock walls, sheds, garages, etc. The mice will take the cotton back to line their nests, killing the ticks on them